



Basic and Advanced

Problem Gambling Training Workshops

September 20-22, 2006

Ramada Inn at the Airport
8909 Airport Road
Spokane, WA 99219

The Schedule

Wednesday – September 20, 2006:

8:00am-5:00pm* An Introduction to Problem/Pathological Gambling-Agony or Ecstasy
Presented by Donna Whitmire

Participants will have an overview of the history of the social impact of gambling in the U.S and Washington State. They will learn of the induction in the DSM-IV, the signs, symptoms and progression of the illness of pathological gambling while exploring the differences between alcoholism and problem/pathological gamblers. They will discuss types of gamblers with interactive work around assessment tools for evaluation. There will be an emphasis on the intake process with risk assessment indicators. A panel of recovering gamblers will share their personal perspectives. There will be information on resources for referrals for treatment while discussing the process for certification at the state and national level.

Participants will be able to:

- evaluate a problem gambler with the screening tools such as the SOGS, NODS, and GA 20 Questions
- determine the differences between the pathological gambler and the alcoholic while addressing the risk factors with the initial intake
- understand the seriousness of the illness with potential for a co-morbid process
- learn about resource materials, Gamblers Anonymous and Gamanon.

Thursday – September 21, 2006:

9:00am-12:00pm* Best Practices in the Treatment of Pathological Gambling
Presented by Henry Montgomery, PhD

This workshop will review current research regarding effectively treating problem gamblers and how to apply the research findings. We will review the utilization of Cognitive Behavioral and Motivational Interviewing strategies. We will review the available findings regarding pharmacological strategies. Participants are encouraged to bring specific issues or cases for discussion and review.

Participants will learn:

- the best practices in regard to the treatment of pathological gambling.
- specific strategies to treat pathological gambling using cognitive/behavioral and motivational approaches.
- available pharmacological agents to use to help treat pathological gambling.

**1:00pm to 4:00pm Treating Multiple Disorders: Focus on
Personality Disorders**

Presented by Henry Montgomery, PhD

The typical problem gambler presents with a variety of challenges. This workshop will focus upon treating the problem gambler who has a personality disorder. We will discuss specific disorders or traits, including Antisocial, Borderline and Dependent categories and review methods to enhance the formation of a treatment alliance, improving motivation and treatment retention.

Participant will learn:

- the relative frequency or likelihood they will encounter individuals with personality disorders when treating problem gamblers.
- ways to align and facilitate treatment with individuals who struggle with specific personality disorders.
- about characteristics that are unique to Personality Clusters A, B and C.

Friday – September 22, 2006:

**9:00am to 1:00pm* What's New in Addictive Behaviors
Research and Treatment?**

Presented by Henry Montgomery, PhD

This workshop will review featured speakers and presentations from the recent International Conference on the Treatment of Addictive Behaviors which was held in Santa Fe, New Mexico. Highlights will include a discussion of Dr. William Miller's presentation on Evidence-based Practices, Dr. Linda Sobell's discussion of Natural Recovery/Self-Change and Dr. Thomas McLellan's views on "Why Programs Can't Change.

Participant will learn:

- new findings regarding treating addictive behaviors in general.
- about the incidence and prevalence of "Natural Recovery" and learn to apply these findings to the treatment of pathological gambling.
- about general tendencies and policies regarding the funding and support of addictive behaviors treatment and how to use that knowledge regarding the treatment of pathological gambling.

**2:00pm to 4:00pm Spirituality/Religion: Healing Process in
Gambling Addiction**

Presented by Tony Steger, D. Min., LMHC

This workshop will explore recovery from problem gambling as an opportunity for healing and will discuss the distinctions between spirituality and religion. The presenter will help participants facilitate and have a better understanding of how spirituality and religion help the recovering process with gambling addiction. Participants will discuss the search for "happiness" and learn about the major roadblocks in recovery. Participants will learn the importance of a multi-dimensional vision in looking at spirituality and be able to identify the differences between guilt and shame.

Participants will be able to:

- Understand the three types of happiness and how they relate to our spiritual journey.
- Understand the differences between religion and spirituality.
- Understand the role forgiveness plays with guilt and the spiritual journey.
- Understand the importance of relationships in recovery to helping the healing process.
- Understand the role responsibility takes in spiritual recovery.

The Presenters

Henry Montgomery, PhD, has been working for 21 years in the field of addictive behaviors. He is a clinical psychologist in private practice and also teaches a graduate course on Addictive Behaviors at Eastern University. He provides supervision and consultation to a variety of treatment centers throughout eastern Washington. He has specialized in the assessment and treatment of pathological gambling over the past eight years and supervised an outpatient program for problem gamblers. He was the recipient of the National Research Service Award (1990, 1991, and 1993) and studied with Dr. William Miller at the University of New Mexico. He is a Washington State Certified Gambling Counselor.

Tony Steger, D. Min., LMHC, received his BA from Catholic University of America and an MA from the University of Toledo and from Seattle University. His doctorate is from the Graduate Theological Foundation, South Bend, Indiana. Dr. Steger was a member of the religious order of the Oblates of St. Francis de Sales for 23 years as an ordained Catholic Priest. He has taught at Seattle University and most recently Pierce College. Dr. Steger has been in private practice for over 25 years. Besides doing individual, family and marital counseling, he has worked in the addictions field since 1984. He was part of the Pilot Program for Gambling in Washington State. He is a Chemical Dependency Professional and a Washington State Certified Gambling Counselor. Dr. Steger is presently married, has two children and one grandson.

Donna Whitnire has a BA in Psychology, attended the University of Hawaii's MSW program and is completing her Master's in Marriage and Family Therapy. She is a Washington State and Nationally Certified Addictions and Gambling Counselor. She spent 10 years in the public schools working with children and adolescents at risk and has been an Addictions Counselor for 16 years. She developed and facilitated the first Washington State hospital based outpatient treatment program for problem gamblers and their families. She has worked extensively in inpatient and outpatient agencies developing programs for family, adolescent, eating disorders, and for United Way as a bereavement counselor. She currently serves on DASA's Advisory Committee on Problem Gambling, is a part time instructor at Bellevue Community College and presents workshops on Problem Gambling both nationally and within the state. She is in private practice.

General Information

Co-Sponsorship



We would like to express our sincere thanks to the Division of Alcohol and Substance Abuse, Problem Gambling Treatment Program for their co-sponsorship.

Meals

Morning and afternoon beverage service will be provided. ***Lunch each day is on your own.**

Driving Directions

Driving directions will be sent with your confirmation of registration.

Continuing Education/Certification

These workshops qualify **toward** the 30 hours of gambling specific education required by the Washington State Council on Problem Gambling Certification Program and are pending for the National Council on Problem Gambling Certification Program.

Cancellation Policy

Refunds will be issued less a \$25 administrative fee if received in writing three (3) days prior to each event. No refunds will be issued after that date.

Future trainings include a 3-day training of basic and advanced workshops to be held in early December (Sea-Tac area) and a two-day Youth Conference tentatively scheduled for March 2007.

Registration Form

Registration Deadline is Thursday, September 14

Please print clearly.

Name _____

Position/Title _____

Agency _____

Address _____

City _____ **State** _____ **Zip** _____

Daytime phone _____ **E-mail*** _____

***In the future, training notices will be sent by e-mail only as a cost saving measure.**

No on-site registration.

Please check which days you would like to attend:

☐ **September 20-22 Basic and Advanced Workshops**

Fee: \$120

or

☐ **September 21-22 Advanced Workshops only**

Fee: \$ 72

Total amount enclosed: \$ _____

Please make check payable and mail to:

WSCPG

P. O. Box 55272

Seattle, WA 98155

For questions, contact **Deborah Rost, at the Washington State Council on Problem Gambling, 206.546.6133.**